

*Physio 4 U*  
459-23<sup>rd</sup> St Brandon, MB R7B 1V7  
Ph. (204)725-4066 Fax (204)725-0012

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**INTRODUCTION AND INFORMATION LETTER**

Please take the time to read this brief overview for your appointment.

Format of Pelvic Floor Visit:

- Please fill out the attached questionnaires and return via email or drop off **prior to your appointments** to be reviewed by therapist before the assessment time. If you are unable to do so, please attend 20 minutes earlier than your scheduled time so that information can be completed.
- The assessment will require both a vaginal and rectal internal exam for women, and rectal exam for men. This is to evaluate any presenting problems and the function of the pelvic floor muscles.
- Please advise us if there are any concerns with the internal exams.
- Your initial visit will also give you the opportunity to discuss any other concerns if they do not appear on the initial intake forms.
- The aim is to provide you with an understanding of your presenting difficulty with an appropriate exercise program.
- **24-hour notice is mandatory for all cancellations due to the length of the appointment. We reserve the right to charge a small fee if notice is not given.**

Any further questions, please call (204)725-4066 or email Reception@physio4u.net. If you wish to email confidential information directly to your physiotherapist, you may email her at takecontrol@mymts.net.

Sincerely,

Marita Dowsett, B.P.T., Pelvic Floor Health Physiotherapist

I understand the above information and consent to receive assessment and treatments.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_